

PIONEER PRESS

A monthly newsletter created by the residents, for the residents.

Third Edition, February-March 2008

poetry

Devils Dance while Angels Smile
By Angelina Garrett

We smile
When she
Cries a river
Of tears. For
Thousands of
Years. Then we
Realize that
Heaven is just a
Reflection of a
Place just too
Far Away.

Untitled
By Angelina Garrett

Yeah I know my scars
I know where they're from.
Please just leave me
Here until I'm bleeding, dead,
Then gone. I've
Seen it all before.
Beauty's tender thorn.
Now it's here, too late
For more. I'm beyond
Redemption – no
One's gonna catch
Me when I fall.

New York Hustler You Keep Smiling
By Shawn Atkin Claitt © 2007

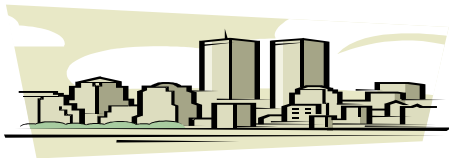
I am a New York Hustler with only a few
ways to get paid
Strong arm ain't lovely like back in the
day,
I used to roll up, this is a hold up,
Streets ain't smiling, don't dare want to
see Rikers Island.
Five minutes on that jack will leave a hot
one in your back,
you keep smiling
from Jail yards to penitentiary stars
cats are locked up for the love of their
shorty or for the love of foreign cars
you keep smiling
Popo don't discriminate,
boys in blue real brothers love to hate
it's a crossroad in every ghetto
cats counting the days on Death row,
fiends look forward to kingpins
going down on visits for the weekend,
your worst fear will become your
cellmate
can't seem to shake that jail hate
the last mistake you make just might be
the one you make
you keep smiling.



Kissing New York Bye
By Shawn Atkin Claitt © 2007

If I could think that far back
 Had to be four years exact
 I bought me a one way Greyhound bus ticket
 And left New York with my problems on my
 back
 Depression was too much of a friend to me
 Loneliness used to put me to sleep
 My love for you was so much
 It even dared me to dream
 But we were young in the world's eye
 Like Romeo and Juliet
 We couldn't fall in love
 With each other even if we tried
 You even cried when I said bye
 But too many lonely days and silent nights
 Even told me that was a lie
 So I am saying bye-bye
 I am kissing New York bye
 I am saying hello to the country life

Where the air is free and the flowers run
 plenty
 And the girls are so pretty
 When the sun glows and the butterflies fly
 Where no one knows
 Where the birds chirp
 And where young lovers go
 Where there hearts hurt
 I am kissing New York bye
 Where skies are blue
 And people are happy to say hello to you
 Kissing New York bye
 Kissing New York bye



Untitled
By Jeffrey Moore

I am blacker than most nights,
 But brighter than many moons.
 I am strong as the "Pride's King,"
 But gentle as Mary's lamb.
 I am younger than an infant kicking weeks,
 But older than Lucy's decay and remains at
 the "Rift."
 I am a child without a "Mother,"
 As the land is without a "Father."
 I am of the sweat and tears of the backs that
 built me,
 GREAT AND STRONG.....
 I SEE
 I am Black! I've finally found ME

**WHAT RECOVERY MEANS TO
 ME**
By Pamela Davis

Recovery means learning how to
 change your life through living life
 on life's terms. Learning how to
 apply the ways of changing into
 your life everyday, not just one,
 two, or three days a week.
 Learning how to cope everyday
 when you wake, and asking
 yourself questions for the day. Am
 I okay today or do I need some
 help? Being able to ask is
 recovery. Preparing yourself to
 discharge into a life full of love and
 tolerance. Healthy relationships
 and plans for further ways of being
 able to keep growing and blooming
 into a healthy individual.
 That is recovery.

By Jason Mintel

I am the consumer of the world,
Ronald McDonald is my king.
In the system being served as
processed chicken - I am combo #3
I see the clowns wrestle for their
plastic crowns
Am I the salt of the earth? under an
insatiable thirst?- only pacified when
I've been injected with the tears of a
angel, to appease my curse?
In the dark, I look out a stained glass
window that no light will ever see
I lost my mind on the way to the
convenience store – it spilt onto the
floor in aisle 4 – now I can be me no
more. I learned what I was never
meant to know
I broke in and stole the desert's soul
– a grain of sand, when I was offered
a star
I do not know why I must see that
which blinds or eat poison in
cupcakes to spite humanity the taste
while reminding them of the dismal
calories
I run so far in the desert I hear no
voice feel no hurt see no pain
My prayer of despair lies parched on
my lips, "Please God, Please"
I hallucinate a man with a giant
colored-in crayon mustache –
"Recover Brother," he yells grinning,
"You are Free!" -this fails to comfort
me fully but is encouraging
Dominating the desert night a
pulsing light appears – at the end of
the tunnel – it shines just for me, and
I think – this is my own personal Star
of Bethlehem –"I traveled for half of
infinity to comfort you!" it says before
it leaves, "Your burden is light!"
The door to my star is cracked ajar –
Have Faith, Believe

- open minded my marbles roll free
raining across the night-sky resting
in the holes. In my heart is a
flowering weed, "The Tree of
Knowledge," says the still silent
voice of Jiminy, "could have started
as a dandelion – it is a possibility"
Everything that dies, their lifeblood
eventually returns to the sea – God
is the Ocean of Eternity. We are all
tiny puddles of God walking in the
desert to appreciate Him more. Why
must we go through hell? Asks my
Angel, who answers the alternative
is to- Go dance in the rain – Go hug
a tree – Go jump in a lake. A sign in
my mind reads, "Bloom wherever
you go." I water the divine dandelion,
growing inside me it blooms.
I stop and pick a rock – it feels good
- I put it in my pocket, and turn to go
back home





Sinking Train of Thought **By Natilie Roof**

I am scared of fear. Fear lasts until death. I need to see that my daughters with every child in the world a promise of a new day. Without fear burning in my soul. The world we inhabit is diminishing as far as the eye can see. And I see greed. I see vanity. I see the hatred war brings. To the whole wide world, Supply and demand is a sales pitch. They are selling more than the cash machine. I am angry. Everything we know everything we have done, is coming back to haunt us. We have depleted every natural resource we have and then the smarty-pants makes it synthetic so we can still be spoiled without riches or wealth. We need to divide and conquer. Not only do we abuse all the others and ourselves, we abuse the one thing that showed us love and nurtured all of us from the beginning of human kind. So we can't get along with the other ones that have an arsenal and bombs. Something is wrong. I wonder if there will ever be a time that mankind will realize that if our species never had been an element in the endless elements throughout the universe, we aren't entitled to believe we are somehow better and smarter than the other inhabitants we share the world with. We drained our assets. We drained the land. We drained the water sources. We aren't the first or the last civilization to set foot on the land.

History repeats. Look outside the box, because what's inside the box is only rocks. There are approximately 6.4 billion people in the world. Most of them in 3rd world countries, which means they have little technology and little education. They are of little threat. Infectious diseases are rapidly spreading. Violence is growing faster. We have to think about the next huge disaster. 3% of our water is freshwater and the other 97 percent is saltwater. The whole planet is in a drought of massive proportions. Water effects everything we know of and more.

"R" Changed My Life **By Roberta Volkmer**

"R" is a name for now, sometimes identity isn't important as what a person actually gives of oneself to better another. "R" stepped into my life by the grace of God. It wasn't too soon nor too late, it was the perfect time. This why I know God had his hand in it. "R" is a listener, a shiny mirror allowing me to see myself. "R's" guidance is gentle and kind. "R's" directions are like reading a roadmap, straight, forward, and showing the destination of my travel plans. "R" is the North Star steady guiding my lost soul on its intended journey. "R" does not judge or place judgment on me. "R" has a smile that radiates kindness. "R's" eyes show hope and strength to all, will to look into them. "R" climbs the mountain of life with me; walking side by side at my pace. Constantly explaining each stone or rock that I trip on, then picks me up, dust me off, wipes my tears away and helps me to continue forward- Thanks "R!"

Black History
By Jeffrey Moore

Of course everyone knows February has become the dedicated month to commemorate blacks (African-Americans) for their culture, heritage, and contributions to society. So February is named Black History Month, if this was an unknown fact let me be the first to inform you. Aside from the household names such as Martin Luther King Jr. (I Have A Dream), Harriet Tubman (Underground Railroad), Malcolm X (Civil rights Activist), and Rosa Parks (Civil rights Activist); Virginia is home for numerous famous blacks whom have made or are making history. Below is a list of Virginians I would like to take the time to notice and acknowledge their contribution to society/history.

Arthur Ashe of Richmond- Tennis Player and Author
Michael Vick of Newport News- NFL
Plaxico Burres of Virginia Beach- NFL
Allen Iverson of Hampton– NBA
Ralph Sampson of Harrisonburg – NBA
Alonzo Morning of Chesapeake – NBA
Rult Brown of Portsmouth – Musician
Pearl Baily of of Southampton County – Singer/Actress
Trey Sonz of Petersburg – Musician
Chris Brown of Tappahannock– Musician
Missy Elliot of Portsmouth – Musician
Pharell Williams of Virginia Beach- Producer and Musician
Timberland of Virginia Beach – Producer
The Clipse of Norfolk- Rap Group
Maggie Lena Walker of Richmond- Educator and Business leader
John Mitchell Jr. of Richmond- Newspaper editor, “The Richmond Planet”
Nat Turner of South Hampton County- Organizer of the slavery rebellion



Valentine's Dance
By Jeffrey Moore

February the 13th, was the night for the lovers here at Eastern State. The Valentine's dance was a great hit. With refreshments and music to suit the mood it was an hour and a half of soul and hip-hop.

Question and Answers

By Jeffrey Moore

Q: Do the patients feel that treatment is effective such that they are being rehabilitated to the point of readiness for the community and non-relapse?

N. Jones LPN BLDG 2

A: This is a very detailed question, so to get your answer Nurse Jones I've put my ear to the ground questioning both residents and staff; which has brought me to these conclusions: Many of the residents do feel as if they are being rehabilitated. I've heard that rehabilitation works, but treatment is limited and some don't feel that they are an active participant in their treatment planning. Personally I feel that the residents must choose rehabilitation for themselves. They have to choose to breakdown and receive the help available to them. Treatment planning is as affective as you let it be. As it was once said to me, if you fail to plan; then you plan to fail.

Also, the goal is not non-relapse but to give patients the tools they need to handle a potential relapse.

Q: Why aren't we allowed to have pants with zippers in BLG 2- A1?

Willie Taylor Resident

A: I've spoke with the RN manager of BLDG 2, Mark Owens. The answer is that zippers and other metal objects can be used as weapons.

Q: Why aren't the residents allowed to start home-base businesses, when there's staff or organizations, not affiliated with Eastern State, up and running- such as The Dream Shop?

Anonymous Resident

A: There are many ways this question can be answered using rules and regulations. But the best answer is that we are here to work toward our own personal Recovery. While a business enterprise may assist in one's Recovery, the attention to the details of starting a business would most likely detract from the focus needed to work on one's mental health issues.



Shout- Outs

By André Tucker

I would like to send a shout out to all the housekeepers for all that you do; helping us to be clean and have well managed wards.

What's up! To Shawnette Washington. We would like to "Holla" at you for your great recovery efforts and techniques. Stay positive! Keep rocking Shawnette!

Thanks to all who supported our first fundraising endeavor. Your contributions were greatly appreciated!

VOLUNTEER OPPORTUNITIES!

By Donna Leone

Meals-On-Wheels

Meals-On-Wheels is one of the volunteer services offered by Eastern State Hospital that the residents participate in. Meals are delivered to the elderly by the residents of ESH. They are very thankful for their lunchtime meals.

Meals are prepared at the kitchen of William & Mary College. The program is offered every 3rd and 4th Monday of each month from 10:45 a.m. to 2:30 p.m. It is a very fulfilling volunteer opportunity. The Meals-On-Wheels program is run by Kathy Swindell. The volunteers are treated to a lunch out on the town for their volunteer work. Ask Kathy Swindell for more information.



Intergenerational Music Therapy

Volunteers are invited to visit residents in geriatrics during music therapy group. Volunteers are invited to bring poetry, articles, stories, jokes and humor or just share themselves with the residents. Volunteer times are on Wednesday 1-2:45 p.m. Ask Liz Eggerding for more information.

ROVING REPORTER: Interview with Librarians Bruce Harrell and Judy Harrell

By Donna Leone

The library is run by Bruce Harrell and Judy Harrell. Judy Harrell has worked there for 23 years and Bruce Harrell for 7 years. Bruce and Judy do an excellent job of running the Patient Library.

The library also offers magazines, computers with Internet access, a radio listening room and a T.V. The library is open Monday thru Friday 8:00 a.m. – 3:00 p.m. for patient use.

The Library offers a volunteer job that consists of taking care of books and tapes, reshelving materials, straightening shelves, organizing donated magazines and maintaining catalogs for videos and DVDs and music CDs. The volunteer hours are: Wednesday and Thursday from 9:30 a.m. to 11:15 a.m. Along with this goes a good recommendation and on-the-job training. Any applications for volunteer training should be given to Melissa Evans, CTRS, Davis building 14/15.



**CONGRATULATIONS TO JASON MINTEL AND JOE BROWN WHO
SUCCESSFULLY GRADUATED FROM
PEER SUPPORT SPECIALIST CERTIFICATON TRAINING!!!!**



NUTRITION FACTS - SNACK IDEAS

By Pamela Davis

Everyone should enjoy the snacks they eat. Why not eat something healthy and good for you? Bananas are not only creamy and sweet, they are a grab-and-go snack which is a good source of Vitamin B6, Vitamin C, Potassium, fiber and manganese. A banana is a heart-friendly, healthy snack. Pretzels, granola bars, and nuts are also great healthy snacks to think about trying. Nuts are one of the best plant sources of protein and are rich in fiber.

Yogurt is a creamy snack that is a very versatile food. It can be eaten on its own, with some granola in it, used as a fruit dip or mixed as a sauce or dressing. This healthy

snack contains live bacteria cultures, known as probiotics. Probiotics improve gastro-intestinal health. It may enhance immune functions as well.

By Florence Blankenship

Unsalted nuts, such as cashews, almonds, walnuts and seeds (like sunflower and pumpkin) are preferable to eat instead of chips. However, if you eat chips, baked ones are better for you than regular chips.

Eating baby carrots, apples, light popcorn, low fat yoghurt, or one piece of whole fruit is better for you than canned fruit. Two small squares of dark chocolate is also a

good snack. Whole grain cereals help to protect the heart. With low fat milk, they are also a good snack.

a mixture of almonds, walnuts, raisins, dried cranberries, chocolate chips and Kashi Heart to Heart cereal or multigrain cheerios.

Another healthy snack is 1/3 cup of trail mix. Trail mix can be made with

PATIENT RESPONSE BOARD

The Patient Response Board is working on the following issues:

Issue: PRB has requested mail boxes for each building so everyone is able to contribute to the PRB and the Pioneer Press.

Status: Mail boxes were purchased and are in the lobby of all resident buildings and in the library!

Issue: Building 2 Clinical Leadership requests.

Status: One member of the PRB was invited to be a member of Building 2's Program Development committee for improved communication.

Issue: We let leadership know that use of the pool in the winter months was important to us.

Status: Lane Tolj has found a volunteer lifeguard. He will hopefully be starting within the next several weeks.

Issue: We requested a Life Guard certification class for the patients at ESH.

Status: Rehab Services listed the classes offered by the WJCC Rec Center. Attending the class is expensive, not able to be paid for by ESH, and would need approval from your treatment team, with the appropriate privilege level and means to get there unescorted.

Issue: We asked to increase programming in the Davis building and on wards in addition to gym use during holidays, evenings and weekends.

Status: Social Work and Psychology volunteered to assist Rehab in creating a modified holiday schedule. Evening/weekend groups are now listed.

Issue: What happened to the monthly building birthday cakes?

Status: Paul Anderson, of food services, indicated that any member of the building's clinical leadership could order a cake to honor the birthdays of the month but that it is more expensive now that we no longer have a baker.

PRB members will be submitting full minutes to the Focus on Recovery Committee.

PRB members have become regular contributors to the Statewide Recovery Meetings and are on the Treatment Planning Subcommittee.

If you'd like to become a PRB member, let your treatment team know. The PRB meets on Thursdays at 2 pm in group room 3. But you don't have to be a member to have your issues addressed.

Please place any concerns/questions/comments for the PRB in the labeled mail boxes in your lobby or in the library.

THE PIONEER PRESS WANTS YOU TO...

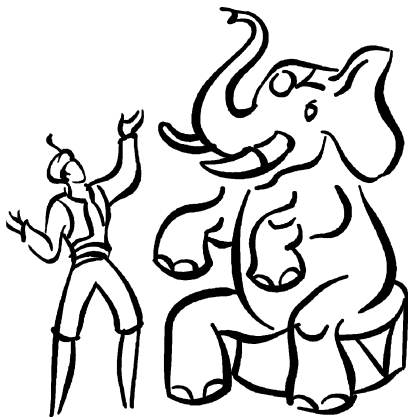
EXPRESS YOUR CREATIVITY!!!

Submit your questions, comments, original artwork, poetry, performance reviews, wish list of things you would like to see happen or changed, "Shout-outs" for staff or any other articles*. Place your submissions in the labeled mailbox in the lobby of the resident buildings or in the library.

You will be asked to sign a release so that we are able to publish your work. If you'd rather not sign such a release, then we will use only your initials on your by-line.

WE NEED ARTWORK!

* Newsletter will not be complaining, accusatory, or inflammatory.



A Night at the Circus

Ringling Bros. and Barnum & Bailey Circus was started when the circus created by James Anthony Bailey and P. T. Barnum, was merged with the Ringling Brothers circus. The Ringling brothers purchased the Barnum & Bailey Circus in 1907, but ran the circuses separately until they were finally merged in 1919 (Wikipedia).

The hospital will be taking a trip February 29th to witness this circus extravaganza.